

CODE 346911
DIRECTIONS: As a dietary supplement, take contents of one packet daily with food.
Each pack contains:
Mega Men® Energy & Metabolism

Supplement Facts

Serving Size Two Beige Capslets	
Amount Per Serving	% Daily Value
Vitamin A (50% as beta-Carotene & 50% as Acetate)	5000 IU 100%
Vitamin C (as Ascorbic Acid & Calcium Ascorbate)	300 mg 500%
Vitamin D (as Cholecalciferol D-3)	1600 IU 400%
Vitamin E (as Natural d-alpha Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phytonadione)	80 mcg 100%
Thiamin (Vitamin B-1 (as Thiamin Mononitrate))	50 mg 3333%
Riboflavin (Vitamin B-2)	50 mg 2941%
Niacin (as Nicotinamide & Niacin)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	300 mcg 100%
Pantothenic Acid (as Calcium d-Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate)	200 mg 20%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	25 mg 167%
Selenium (as L-Selenomethionine)	200 mcg 266%
Copper (as Copper Oxide)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Hydrolyzed Protein Chelate)	120 mcg 100%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Energy & Metabolism Blend	119 mg
Caffeine Anhydrous, Capsimax™ Capsicum Seed Extract, Black Pepper Extract	
Proprietary Amino Acid Blend	100 mg
Taurine, L-Methionine, L-Glutamine, L-Carnitine	
Green Tea Extract (Camellia sinensis)	40 mg
alpha-Lipoic Acid	25 mg
Choline (as Choline Bitartrate)	10 mg
Inositol	10 mg
Silica (as Silicon Dioxide)	4 mg
Boron (as Hydrolyzed Protein Chelate)	2 mg
Lutemax 2020™ Lutetin	950 mcg
Lycopene	950 mcg
Zeaxanthin (as Zeaxanthin isomers)	190 mcg
Astaxanthin	50 mcg
Vanadium (as Sodium Metavanadate)	10 mcg

* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Caramel Color, Ethyl Vanillin.
CONTAINS: Fish and Soybeans.

Each serving supplies approximately 100 mg Caffeine.

Burn 60™

Supplement Facts

Serving Size Two Red Capslets	
Amount Per Serving	
Guarana Seed Extract (Paulinia cupana)(36% Caffeine = 180 mg)	495 mg
Black Tea Leaves Extract (Camellia sinensis)	272 mg
MegaNatural® Grape Skin & Seed Extract (Vitis vinifera)	210 mg
Ginger Root Extract (Zingiber officinale)	200 mg
MegaNatural® Gold Grape Seed Extract (Vitis vinifera)	125 mg
Dill Weed Extract (Anethum graveolens)	5 mg

* Daily Value not established.

Other Ingredients: Dextrose, Cellulose, FD&C Yellow #6 Lake, FD&C Red #40 Lake, Titanium Dioxide, Cinnamon Bark Extract, Natural Vanilla Flavor, Saccharose.

Carnitine 500

Supplement Facts

Serving Size One White Capsule	
Amount Per Serving	
L-Carnitine (as L-Carnitine L-Tartrate)	500 mg

* Daily Value not established.

Other Ingredients: Gelatin.

HMG

ACTUAL SIZE

ACTUAL SIZE

ACTUAL SIZE

Staminol™

Supplement Facts

Serving Size One Brown Capsule	
Amount Per Serving	
Proprietary Blend	100 mg
L-Arginine, Epimedium Extract, Maca Root Powder (Lepidium meyenii)	
Kola Nut (Cola nitida)	67.5 mg
Out Straw Stems (Avena sativa)	75 mg
GABA (gamma-Aminobutyric Acid)	50 mg
Nettle Leaf (Urtica dioica)	50 mg
Yohimbe Bark Extract (Passiflora yohimbe)	30 mg
Horny Goat Weed (Epimedium sagittatum)	10 mg
Catubaba Bark (Erythroxylum catubaba)	5 mg
Muira Root (Ptychopetalum olacoides)	5 mg
Damiana Leaf (Turnera aphrodisiac)	5 mg
Saw Palmetto Berry (Serenoa repens)	5 mg

* Daily Value not established.

Other Ingredients: Gelatin, Dicalcium Phosphate.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

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Capsimax™

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GNC GUARANTEE If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

Concentrated Fish Oil

Supplement Facts

Serving Size One Softgel Capsule	
Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	<1 g <2%*
Total Fish Oil	710 mg
EPA (Eicosapentaenoic Acid)(Omega-3)	357 mg
DHA (Docosahexaenoic Acid)(Omega-3)	144 mg

* Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

Other Ingredients: Fish Body Oil, Gelatin, Glycerin, Enteric Coating (Cellulose, Sodium Alginate, Medium Chain Triglycerides, Oleic & Stearic Acid).

ACTUAL SIZE

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

To ensure a complete nutritional program, take daily with these GNC products:

- Ultra Probiotic Complex 25
- Total Lean™ CLA
- SuperFoods Whole Foods
- Total Lean™ Breakfast Squares

GNC

MEGA
MEN®

Energy & Metabolism

Dietary Supplement

VITAPAK® PROGRAM

- Clinically studied multivitamin* with 1,600 IU of vitamin D-3
- Boosts energy, fuels muscles & supports exercise recovery*
- Improves mental alertness & energy*
- Helps maintain healthy cholesterol & blood pressure levels with concentrated fish oil*



30 PACKS



PHYSICIAN
ENDORSED



Dr. Frank J. Costa, M.D.

GNC Mega Men® Energy & Metabolism Vitapak® Program is physician endorsed by Frank J. Costa, M.D., an internationally acclaimed urological surgeon, men's health expert and member of the GNC Medical Advisory Board.

"Active men need extra energy to power their bodies during the day. I highly recommend the Mega Men® Energy & Metabolism Vitapak® Program for men who are looking to boost energy and stamina. It offers an advanced multivitamin formula with powerful ingredients to help increase mental focus and ramp up metabolism, as well as a strategic blend of natural ingredients to address energy concerns and support prostate health and vitality." — Frank J. Costa, M.D.

Why Should I Use Mega Men® Energy & Metabolism Vitapak® Program?

Mega Men® Energy & Metabolism Vitapak® Program is specially formulated to provide active men the energy they need to conquer the day. The components in this program not only support overall wellness, but also offer support for energy and vitality.*

How Can Mega Men® Energy & Metabolism Vitapak® Program Benefit Me?

Mega Men® Energy & Metabolism Vitapak® Program combines important nutrients that support your overall nutritional needs with focused ingredients designed to address energy and prostate concerns in one convenient daily pack.

How Does Mega Men® Energy & Metabolism Vitapak® Program Work?

Mega Men® Energy & Metabolism Vitapak® Program includes the following components to help you achieve your daily nutritional goals:

- **Mega Men® Energy & Metabolism** – This clinically studied,* powerful no-iron multivitamin addresses men's health concerns regarding lack of energy and slow metabolism. It is formulated to help you feel more energized, support your metabolism and support your mental focus to help you keep up with your busy lifestyle.
- **Burn 60™** – This clinically proven thermogenic formula helps enhance metabolism, burn calories and boost energy.* The powerful ingredients in Burn 60™ have been clinically shown to increase calorie burning by up to 60%.*
- **Concentrated Fish Oil** – This specialty formula features 500 mg of essential omega-3 fatty acids EPA and DHA in one mini 40% smaller softgel. Omega-3 fatty acids are necessary for heart, joint and eye health, help maintain healthy cholesterol levels and support the maintenance of normal blood pressure levels.
- **Staminol™** – This powerful male performance formula features an herbal blend which includes horny goat weed, maca, nettle and yohimbe to help support sexual health.*
- **Carnitine 500** – The most clinically studied and most concentrated form of carnitine. This naturally-occurring amino acid facilitates the metabolism of fatty acids and helps fuel muscles and support exercise recovery.*

*In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a placebo.

**Clinically proven to increase post workout calorie burning by up to 60% for up to one hour after a workout. The double-blind, placebo-controlled crossover study consisted of 22 healthy men and women. Participants exercised on a treadmill on two occasions. On one occasion they took Burn 60™ before exercise and on the second they took a placebo. The amount of calories burned during the first hour post exercise was measured and participants burned up to 60% more calories while on Burn 60™ compared to when they took the placebo.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.